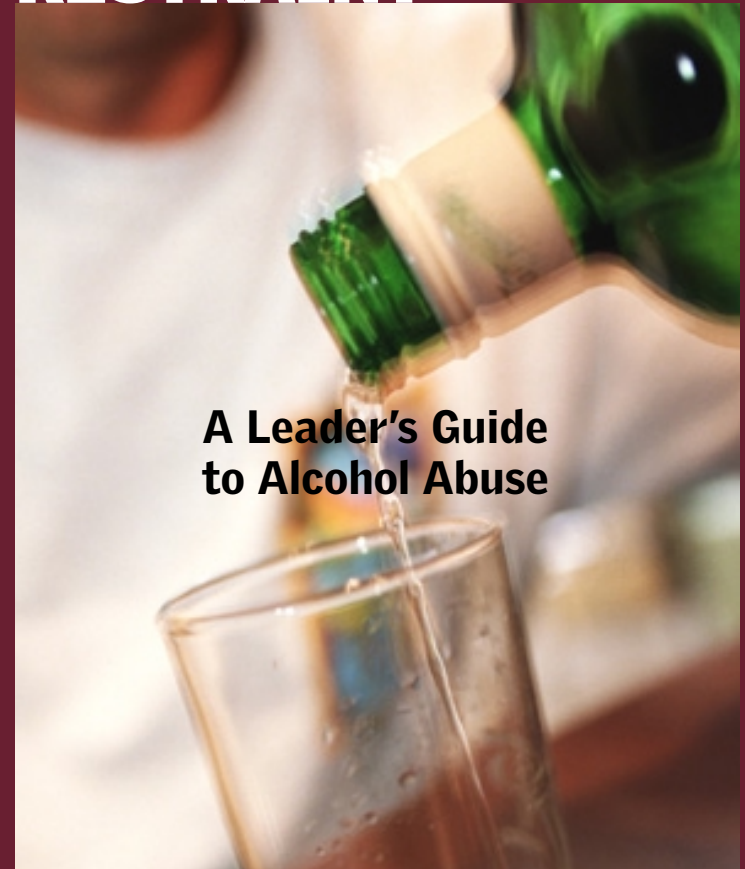


**Remember, it's always o.k.
not to drink, but if you do,
DRINK RESPONSIBLY and
think before you drink!**

For more information contact:

ACSAP
4501 Ford Avenue
Suite 320
Alexandria, VA 22302
www.acsap.org
COM: 703.681.5557
DSN: 761.5557

ABSOLUTE RESTRAINT



**A Leader's Guide
to Alcohol Abuse**

What is Alcohol?

Alcohol is a Central Nervous System (CNS) depressant — a colorless and pungent liquid that can be found in beverages such as wine, beer, and liquors. ¶ Alcohol does not have the normal properties of a depressant (relaxed feelings). ¶ Alcohol often brings out violent behavior in the people that abuse it. ¶ An alcoholic drink is defined as one of the following:

- One 4-ounce glass of wine
- One 10-ounce wine cooler
- One 12-ounce beer
- One 1-ounce shot of 100 proof (50%) liquor
- One 1.5-ounce of 80 proof (40%) liquor.

Who to Talk to on Your Installation

For more information or questions about alcohol or substance abuse training one can visit the Army Substance Abuse Program (ASAP). The ASAP staff is there to help with any related questions:

- **Alcohol and Drug Control Officer (ADCO)** The ADCO is in charge of the non-clinical ASAP.
- **Prevention Coordinator (PC)** The PC is responsible for all substance abuse prevention and training on the installation.
- **Installation Biochemical Testing Coordinator (IBTC)** The IBTC is the subject matter expert for biochemical testing.
- **Employee Assistance Program Coordinator (EAP)** The EAPC is available for any employee who has a workrelated problem and needs assistance.
- For additional information on the ASAP visit their office on your installation.

Signs of an Intoxicated Soldier

While the affects of alcohol are different with every person, there are some signs that can help identify intoxicated soldiers and those that have been drinking:

- An overly confrontational attitude.
- Slurred/slow speech.
- Glassy eyes/dilated pupils.
- Mood Swings
- Inability to focus on the task at hand.
- Staggering/Swaying while walking.
- Smell of alcohol on the breath.

Alcohol and Other Drug Abuse Training

Chapter 2 of Army Regulation 600-85 states that “all soldiers will receive a minimum of 4 hours of alcohol and other drug awareness training a year”.

Visit your local ASAP for ideas on how to fulfill this requirement. Your installation Prevention Coordinator can help you plan/schedule/ execute classes and/or activities that relate to alcohol and other drug abuse prevention training.

Your Prevention Coordinator has access to a multitude of information and course work such as:

- Multimedia Presentations
- Lectures
- Class Outlines
- General Information

BAC and the Human Body

Blood Alcohol Level	Affect on Body
.02	No loss of coordination, slight euphoria and loss of shyness.
.05	This is the legal limit for military personnel on duty.
.06	Lowered inhibition, feeling of relaxation and euphoria, minor impairment of reasoning and memory.
.08	Judgment, self-control, caution, and reason are impaired. .08 is the legal limit in most states
.15	Impaired balance, movement, and coordination. Difficulty standing, walking and talking.
.20	Decreased pain and sensation. Erratic emotions.
.30	Diminished reflexes. Semi-consciousness.
.40	Loss of consciousness, very limited reflexes, anesthetic effects.
.50	DEATH



Alcohol and High Risk Behavior

Soldiers who drink alcohol are more prone to high risk behaviors such as:

- Divorce
- Suicide
- Financial Problems

Providing Other Options

Sometimes going out drinking can seem like it's the only thing to do. A good way to prevent alcohol abuse is to offer soldiers other options:

- Team sports
- Alcohol-free events (like a barbeque)
- Parties with "mocktails"

Is alcohol abuse really a problem?

- According to the 1998 DoD Worldwide Health Survey over 15% of our nations soldiers have heavy drinking habits.
- The DoD Survey defines heavy drinking as having five or more drinks on the same occasion once a week.
- The DoD definition of heavy drinking is the same as the American definition of binge drinking.

Abstainer	23.8%
Infrequent/Light	19.4%
Moderate	18.1%
Moderate/Heavy	23.2%
Heavy	15.4%

1998 DoD Worldwide Health Survey
Alcohol Drinking Levels

Designated Driver/Safe Ride Programs

Remind your soldiers that they should always have a designated driver when drinking. If for some reason they do not have a designated driver, remind them that taking a taxi is also an option. For information on how to set up or participate in a designated driver/safe ride program visit the ACSAP website (www.acsap.org).

Alcohol Abuse and AR 600-85

According to AR 600-85 the Army maintains an alcohol free workplace. Because of this alcohol abuse/ misuse is not condoned and showing up for work under the influence of alcohol is not tolerated.

It is your responsibility as a commander to "promote responsibility and informed decision making and ensure that subordinates are educated about alcoholism." If you believe that one of your subordinates is abusing alcohol or is impaired on duty then it is your responsibility to confront the soldier and refer them "as identified for screening, prevention training and treatment as necessary".

If you are uncomfortable or unsure of how to accomplish this the ASAP is available for assistance and guidance, and if you are unsure of the legalities involved it is imperative that you contact you local SJA for additional information prior to taking ANV steps.

What to do if a Soldier is Drunk or Alcohol Impaired on Duty

- Verify with SJA that you have probable cause to take additional actions.
- Contact your ADCO to determine if installation policy is to contact the MIPs for a legal breath test or to contact MTF for a blood alcohol test.